

# Individual Best Times (All Time)

Iris Findlay - (1515290) - Morpeth SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	38.36	37.80	233	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
100 Freestyle	1:28.65	1:27.70	198	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
400 Freestyle	6:06.46	6:02.60	264	04/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1
50 Breaststroke	54.73	54.10	151	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
50 Backstroke	45.12	44.70	210	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
100 Backstroke	1:34.09	1:33.20	226	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
200 Backstroke	3:17.70	3:16.00	241	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
400 Individual Medley	7:00.64	6:56.40	252	17/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240248	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.59	37.20	246	03/12/23	Derwentside ASC Christmas Cracker Meet 2023	Stanley	NE232206	3
100 Freestyle	1:20.41	1:21.40	244	02/12/23	Derwentside ASC Christmas Cracker Meet 2023	Stanley	NE232206	3
200 Freestyle	2:48.25	2:50.30	281	03/12/23	Derwentside ASC Christmas Cracker Meet 2023	Stanley	NE232206	3
400 Freestyle	5:59.90	6:03.80	265	24/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
50 Breaststroke	48.73	49.40	197	02/06/24	Wear Valley June Velocity Level 3 Meet 2024	Bishop Auckland	NE240991	3
100 Breaststroke	1:45.74	1:46.90	205	14/01/24	Newcastle Swim Team County Qualifier Meet 2024	Tynemouth	NE240119	3
200 Breaststroke	3:39.18	3:41.60	231	02/06/24	Wear Valley June Velocity Level 3 Meet 2024	Bishop Auckland	NE240991	3
50 Butterfly	42.19	42.60	192	18/11/23	Durham City Aquatics Medley Challenge 2023	Durham	NE232225	3
100 Butterfly	1:34.87	1:35.70	184	02/06/24	Wear Valley June Velocity Level 3 Meet 2024	Bishop Auckland	NE240991	3
50 Backstroke	41.75	42.20	221	23/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
100 Backstroke	1:29.30	1:30.20	232	03/12/23	Derwentside ASC Christmas Cracker Meet 2023	Stanley	NE232206	3
200 Backstroke	3:01.85	3:03.70	279	23/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
200 Individual Medley	3:15.66	3:17.70	241	03/12/23	Derwentside ASC Christmas Cracker Meet 2023	Stanley	NE232206	3
400 Individual Medley	6:48.68	6:53.00	254	13/01/24	Newcastle Swim Team County Qualifier Meet 2024	Tynemouth	NE240119	3
100 Individual Medley	1:31.68	1:31.70	234	02/06/24	Wear Valley June Velocity Level 3 Meet 2024	Bishop Auckland	NE240991	3